

Cooking with Dr Pepper



NOTES

TABLE OF CONTENTS

I. HISTORY OF SOFT DRINKS AND DR PEPPER	VII. DINNER GUEST
	Curried Rice Stuffing
II. HOT DR PEPPER RECIPES	Candied Sweet Potatoes
Hot Dr Pepper	Polynesian Chicken
Dr Pepper Cocoa	Luau Salad Dressing
Mulled Dr Pepper	
Cinnamon Cordial	
III. DPQ SAUCE AND ITS VARIATIONS	VIII. ANYTIME DESSERTS
	Peachy Chiffon Pie
IV. SUGAR FREE RECIPES	Cherry Nut Surprises
Breakfast Fruit Soup	Holiday Cutouts
Sugar Free Gazpacho Salad	Moist Supper Cake
Spicy Applesauce	Our Fruit Cake
	Pralines
V. TEENAGE PARTY	Fudge
Three Bean Salad	
Strawberry Bavarian Cream	IX. OPEN HOUSE
Skillet Burgers	Shrimp Dip
Spoonburgers	Schuss-Boomer
Soda Fountain Punch	Stuffed Mushrooms
	Hawaiian Tidbits
VI. BUDGET AND ENERGY SAVERS	Party Scramble
Browned Beef Stew	Pepper's Toddy
Jellied Grape Salad	Tijuana Taxi
Cornbread	Crunchy Ginger Nut Dip
Choco-peppers	
	X. KITCHEN TECHNOLOGY
	XI. NUTRITIONAL INFORMATION

I. SOFT DRINKS DEVELOP IN THE UNITED STATES

Some may be surprised to learn that the beginning of the soft drink industry in our country dates back to the founding of the Republic itself. American scientists became interested in the natural effervescent qualities of mineral water and studied their chemistry as early as 1773. A leader in this research was Dr. Benjamin Rush of Philadelphia. Others who took a scientific interest in mineral waters included Benjamin Franklin, Thomas Jefferson, and James Madison.

Of course, the knowledge of gas vapors entrapped in mineral waters—and the attempts to produce this artificially—go back to Europe in the 16th century. In the early part of the 17th century, the vapor in the bubbles was indentified by a new word, "gas" or "fixed air". An Englishman by the name of Joseph Priestley published the first paper on how to impregnate water with gas in 1772. He couldn't produce the gas himself so he gathered it from the top of fermenting vats.

In 1807 in New Haven, Benjamin Silliman opened the first establishment for selling bottled "Soda Water". The first United States patent for preparing artificial mineral water was issued to Joseph Hawkins in 1809. In 1850, the United States Bureau of the Census reported 64 plants making bottled soda water. By 1860, the census reported 123 plants, four of which were operating in Washington, D.C., during the Civil War. In 1865, the following flavors for soda water were advertised: pineapple, black cherry, orange, apple, strawberry, raspberry, gooseberry, pear, melon, lemon, cherry, plum, grape, apricot and peach. The soft drink industry was on its way.

Throughout its history, the soft drink industry has endeavored to produce high quality products for the public it serves, to assure that continuous attention is given to product and packaging quality controls.

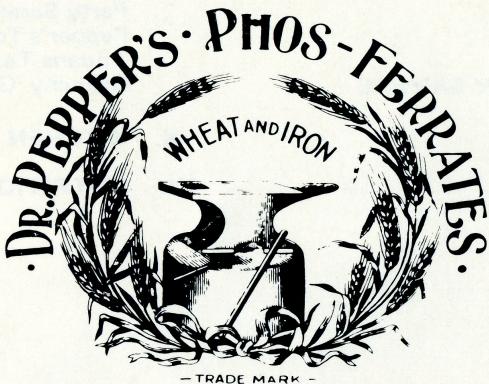
Individual companies and the industry, as represented by the Association, also have undertaken many public service projects. Notable among these was the World War II effort by bottlers who used their equipment to collect 50 million pounds of scrap metal for the war effort. In addition, the Office of Civilian Defense was given a list of soft drink plants equipped to furnish potable water in case of emergency. The industry is acutely concerned with the problems of solid waste disposal and the prevention of littering. Considerable effort has been expended in developing educational programs to encourage consumers to dispose of soft drink containers properly, and to further encourage and parti-

cipate in research to find new methods of handling solid waste and reducing littering. The soft drink industry supports the concept of total resource recovery systems which can reclaim every reusable element in the total waste load and provide important sources of energy for heat, light, etc., while conserving non-renewable resources.

The future role of the soft drink industry in America is expected to be one of continued growth and increased activities in areas of social betterment. Because the industry has grown and developed with America, it will continue to reflect and support forward thrusts of national progress.

*Information from National Soft Drink Association

HISTORY OF DR PEPPER



Dr Pepper...a native "Texan", has one of the most colorful backgrounds of any soft drink on the American market. Even its origin has a romantic setting.

It began with a young man who worked at a drugstore fountain in Virginia. The owner of the store, a doctor by the name of Pepper, had an attractive daughter who caught the eye of the young man and soon a romance developed between the two.

The doctor, having high aspirations for his daughter, discharged the young man hoping it would remove him from the scene. It did, temporarily. Heeding the advice of Horace Greeley who said, "Go West, young man, go West", he traveled to Waco, Texas where he landed a job at The Old Corner Drug Store.

The romance was not to be thwarted, however. Later the young fountaineer returned to Virginia where he reportedly was successful in his pursuit of the doctor's daughter.

On his trip to Texas he carried with him

his penchant for "discovering" new fountain flavor combinations. One day he hit upon one he liked. Others expressed approval and, having learned of the romance in Virginia, dubbed the new drink "Dr Pepper".

R. S. Lazenby, Waco beverage chemist and a patron of The Old Corner Drug Store fountain, became interested and began extensive research on the new drink. In 1885, after some two years of testing, blending and processing, the wonderful new flavor known today as Dr Pepper was originated and the drink was put on sale commercially. So perfect was his work that the formula has remained basically unchanged.

Little did Lazenby realize at the time that Dr Pepper would become one of the nation's leading soft drinks. Since its origin in Waco, Texas in 1885, Dr Pepper has gained distinction as being "different" from any other brand of soft drink. It is not a cola. It is an exclusive blend of many fine flavors, unique, pleasing and described by many as unlike anything ever tasted before.

I. HOT DR PEPPER RECIPES

HOT DR PEPPER

Dr Pepper
Thin lemon slices

Pour Dr Pepper into saucepan. Heat to simmering temperature about 180 degrees F. or just below boiling point. (The beverage will appear to be boiling long before it is hot due to the carbonation.) Place a thin slice of fresh lemon in bottom of cup and pour steaming hot Dr Pepper over it.

Serve at once. This drink will be hot-sipping hot—or should be about 170 degrees F. when ready to drink.

NOTE: A fresh slice of lemon is required to give the proper taste of Hot Dr Pepper.

DR PEPPER COCOA

2 cups Dr Pepper
1 1/2 cups milk
3 level tablespoons instant cocoa mix

Mix all ingredients well. Heat. Serve plain; topped with a spoonful of whipped cream or pour hot cocoa over marshmallows.

YIELD: 4 to 6 servings

MULLED DR PEPPER

2 quarts Dr Pepper
1/4 cup lemon juice
1/4 cup brown sugar
1/4 teaspoon salt
1/2 teaspoon whole cloves
1 teaspoon allspice
3 sticks cinnamon
1/4 teaspoon nutmeg

Pour Dr Pepper into large saucepan. Add lemon juice, brown sugar and salt. Add spices tied in a cloth bag. Heat to boiling; turn heat low and simmer 10 minutes. Remove spice bag. Stir well. Serve in cups or earthen mugs.

YIELD: 10 to 12 servings

CINNAMON CORDIAL

2 cups Dr Pepper
1 small (1/2 inch) stick cinnamon

Pour Dr Pepper in saucepan. Add cinnamon and heat slowly until it steams vigorously. Remove cinnamon before serving. Serve in cups or mugs.

YIELD: 2 to 3 servings

II. DPQ SAUCE AND ITS VARIATIONS

Sauce:

2 1/2 cups Dr Pepper
1/2 cup oil
1/2 cup lemon juice
1 cup catsup
1 teaspoon garlic powder
1/4 cup dry minced onion
2 teaspoons salt
1 teaspoon pepper
* 1/4 teaspoon crushed red pepper
1 teaspoon basil

Blend together on stir speed of blender for 2 minutes. Store in tightly sealed container and refrigerate. Shake well before using. (Will keep for several weeks in refrigerator).

*May substitute 1/4 teaspoon red pepper sauce.

YIELD: 4 1/2 cups

Uses for DPQ Sauce:

Salad Dressing
Marinate (steaks, chicken & kabobs)
Basting for grilling
Baked Beans

Bar-B-Q- Rice

Vegetable Casserole
Hamburger Patties/Meat Loaf

Marinate:

Place chickens, steaks, etc., to be grilled in large casserole dish and pour enough DPQ Sauce over meat to cover completely (or turn meat occasionally so all sides are affected by the marinade). Cover casserole dish and refrigerate. Allow meat to soak for at least 4 hours; it is better for 24 hours.

When ready to grill or broil, remove meat from sauce and place directly on cooking grid. Cook to desired degree of doneness, basting occasionally with the remaining marinade.

Kabobs:

Marinate chunks of meat, onion and bell pepper in sauce for 4 to 24 hours in covered dish in the refrigerator.

When ready to grill, alternate meat, onion and bell pepper on skewers. Grill to desired degree of doneness, basting occasionally with the remaining marinade.

JIFFY COCKTAIL MEATBALLS

2 pounds ground round beef
2 cups oatmeal, quick cooking
2 cups DPQ Sauce
2 eggs

Mix well all ingredients. Form into miniature meatballs. Place on broiler pan grid and bake at 350 degrees F. for 30 minutes. (Cooking on the broiler pan allows all fats to drain away.) Remove from broiler pan and place in chafing dish.

Sauce for Cocktail Meatballs: 2 cups DPQ Sauce.

Heat the sauce to simmer. Pour over meatballs in chafing dish. Serve with toothpicks for skewering.

DPQ SAUCE RICE

Prepare according to package directions using DPQ Sauce to replace water and fat as listed in package directions.

SAUCY SQUASH CASSEROLE

3/4 pound zucchini squash, sliced in 1/2" circles
3/4 pound summer squash, sliced in 1/2" circles
1/2 pound fresh mushrooms, thinly sliced
1 small onion, coarsely chopped
1 small bell pepper, coarsely chopped
3/4 cup DPQ Sauce

Combine vegetables in large 3 quart casserole. Pour sauce over vegetables and toss so that all are coated. Bake for 45 minutes at 350 degrees F.

YIELD: 6 to 8 servings

BAKED BEANS

1 1-pound 15-ounce can Pork n' Beans
1 cup DPQ sauce

Mix together in casserole dish and bake uncovered at 350 degrees F. for one hour.

YIELD: 4-6 servings

NOTE: To bake on the grill, place casserole on cooking grid over the source of heat and bake one hour (dish uncovered).

SAUCY POTATOES

Baking potatoes
1/4 cup DPQ Sauce per potato

Slice potatoes crosswise in 1/2" slices. Place in heavy duty aluminum foil and pour 1/4 cup sauce over potatoes. Wrap tightly and bake at 350 degrees F. for one hour or place on cooking grid of grill for one hour.

HAMBURGER PATTIES/MEAT LOAF

3/4 cup DPQ Sauce
1 pound ground meat
1 small onion, diced
1/2 bell pepper, diced
1 cup quick cooking oatmeal
DPQ Sauce for basting

Mix all ingredients together. Form into meat patties to grill or broil. While the meat patties are cooking baste occasionally with DPQ Sauce.

YIELD: 6 - 3" hamburger patties

Meat Loaf

Bake meat mixture in loaf pan at 350 degrees F. for 45 minutes to one hour until done.

YIELD: 6 servings

III. SUGAR FREE RECIPES

BREAKFAST FRUIT SOUP

6 tablespoons quick cooking tapioca
Sugar substitute to equal 4 tablespoons sugar
1 1/4 cups Sugar Free Dr Pepper
4 cups water
1 12-ounce can frozen orange juice concentrate
5 cups assorted canned fruit, drained
2 tablespoons lemon juice

Combine tapioca, sugar substitute, and 2 cups of water in a large saucepan. Bring to a full boil, stirring constantly. Remove from heat. Add remaining liquid and orange juice

concentrate; stir until thoroughly blended. Cool for 15 minutes, stir and transfer to refrigerator storage container with cover. Chill. When soup is slightly thickened, stir in fruits and lemon juice. Serve in dessert dishes or bowls.

YIELD: 10 1/2 cups

CALORIES: 97 per 1/2 cup serving

NOTE: May be prepared and refrigerated three or four days before serving.

SUGAR FREE GAZPACHO SALAD

2 tablespoons unflavored gelatin
1/2 cup cold Sugar Free Dr Pepper
1 1/2 cups (12 oz. can) hot tomato juice
1 1/2 teaspoon wine vinegar
1/8 teaspoon hot pepper sauce
6 large tomatoes, peeled, seeded, and finely chopped
1 medium cucumber, peeled, seeded and finely chopped
1/3 cup green pepper, finely chopped
1 teaspoon salt
1/4 teaspoon pepper

Dissolve gelatin in the cold Sugar Free Dr Pepper. Combine the gelatin until partially congealed; add chopped vegetables and seasonings. Pour in seasoned gelatin mold. Chill until completely congealed; unmold and garnish with your favorite salad dressing. Serve slices of salad on lettuce leaves.

YIELD: 10 servings

CALORIES: 78 per serving

IV. TEENAGE PARTY

THREE BEAN SALAD

1/2 cup vinegar
1/4 cup Dr Pepper
1/4 cup sugar
1/4 cup salad oil
1 teaspoon salt
1/8 teaspoon pepper
1 can French cut green beans *
1 can cut yellow wax beans *
1 can red kidney beans *
1 large red onion, sliced thin

Drain beans well. Slice onion thinly and separate into rings. Combine vinegar, oil, Dr Pepper, sugar, salt and pepper. Shake vigorously. Place drained vegetables and onion rings in a bowl. Pour the dressing over them and toss lightly. Cover tightly and refrigerate. Let stand approximately 24 hours, tossing together occasionally. Serve on lettuce leaf or bed of salad greens.

YIELD: 6 to 8 servings.

* NOTE: Can size for each bean is 16-ounce

SPICY APPLESAUCE

1 cooking apple (peeled or unpeeled)
1/3 cup Sugar Free Dr Pepper
Dash of cinnamon and cloves

Cut up and remove core of apple and place in saucepan; add Sugar Free Dr Pepper. Cook over low heat until tender. If peeled, stir until sauce consistency. If unpeeled, put through colander, ricer, or food saver. Add spices and serve hot or cold.

YIELD: One serving (1/2 cup)

CALORIES: 71 per serving



STRAWBERRY BAVARIAN CREAM

1 package (3-ounces) strawberry gelatin
Dash of salt
2 tablespoons sugar
1 cup hot Dr Pepper
3/4 cup cold Dr Pepper
1/2 cup heavy cream

Dissolve gelatin, salt and sugar in hot Dr Pepper. Add cold Dr Pepper. Chill until slightly thickened. Whip cream. Fold into gelatin. (If mixture is not smooth beat with rotary beater). Chill 5 to 10 minutes. Stir and pour into individual molds, paper cups or serving dishes. Chill until firm.

YIELD: 5 servings

SKILLET BURGERS

1 pound ground beef
1/4 pound pork sausage (mildly seasoned)
1/3 cup chopped onion
1/2 teaspoon minced garlic
1 1/2 teaspoons salt
1/4 cup chopped parsley
1 teaspoon marjoram
1/2 cup crushed pineapple (well drained)
1/2 cup Dr Pepper
1 cup sour cream

8 to 9 hamburger buns

In 10-inch skillet saute' ground beef, pork, onion, garlic and salt. Add parsley, marjoram, pineapple, and Dr Pepper, mixing thoroughly with other ingredients until well blended. Cover and simmer for 30 minutes, stirring occasionally. Add sour cream and heat uncovered for about 5 minutes. Serve 1/3 cup hot meat mixture on each heated bun. Serve immediately.

YIELD: 9 burgers

NOTE: To prevent soggy, wet sandwiches, always serve hot fillings on heated buns.

SPOONBURGERS

1 pound ground beef
1 clove garlic, minced
1 medium onion, chopped
1 teaspoon salt
3/4 cup Dr Pepper
1 can (6 ounces) tomato paste
1 tablespoon Worcestershire sauce
Few drops hot pepper sauce

Brown meat, breaking into small pieces. Add garlic, onion and salt. Cook 5 minutes. Add remaining ingredients. Simmer about 20 minutes or until thick. Spoon onto toasted hamburger buns.

YIELD: Approximately 8 burgers.

SODA FOUNTAIN PUNCH

1 quart vanilla ice cream
7 cups cold Dr Pepper
1/2 teaspoon (scant) rum extract, optional

Place ice cream in a 4-quart punch bowl. When softened, beat with rotary beater until smooth. Gradually add about 2 cups cold Dr Pepper, beating until well mixed. Pour in remaining Dr Pepper and mix well with a spoon.

YIELD: About 20 servings

V. BUDGET AND ENERGY SAVERS

BROWNED BEEF STEW

3 pounds boneless stew meat (beef)
3 teaspoons salt
1 teaspoon black pepper
1/4 cup flour
3 tablespoons shortening
2 cups beef stock or bouillon
2 cups Dr Pepper
2 cups carrots, chunked
1 1/2 cups onions, chunks
3 cups potatoes, chunked
1 cup celery, 1/2 inch chunked
1 cup frozen or fresh garden peas

Sprinkle meat with the salt and pepper and dust with the 1/4 cup flour. In a large stew kettle brown meat in the 3 tablespoons fat until very brown. Add beef stock or bouillon and Dr Pepper and cook at a low temperature until meat is tender. Add chunked vegetables: carrots, potatoes, onions and celery. Cook until vegetables are beginning to be tender. Add frozen peas and cook at least 10 minutes longer.

YIELD: 8 servings

NOTE: Good when made in crock pots or slow cookers.

JELLIED GRAPE SALAD

2 packages (3 ounces each) raspberry flavored gelatin
Dash of salt
2 cups hot water
1 3/4 cups cold Dr Pepper
2 tablespoons lemon juice
1 1/2 cups drained canned green grapes
1 1/2 cups drained fruit cocktail
1/3 cup grated fresh coconut, optional

Dissolve gelatin and salt in hot water. Cool and chill slightly. Stir in cold Dr Pepper and lemon juice. Chill until slightly thickened. Fold in fruits and coconut. Pour into 2-quart mold or individual molds that have been lightly greased. Chill until set. Frost with Cream Cheese Dressing.

YIELD: 1 2-quart mold or about 12 - 16 individual salads.

CREAM CHEESE DRESSING

Beat 6 ounces cream cheese until smooth. Gradually add enough Dr Pepper (about 1/4 cup) to make consistency for easy spreading.

CORNBREAD

1 pkg. cornbread mix
Dr Pepper

Prepare cornbread as instructed on package but substitute Dr Pepper for the recommended liquid.

NOTE: For a crusty-crisp cornbread, bake in a greased baking pan that is already hot. When the batter is poured it will begin to cook immediately. Replace baking pan in oven and bake as directed.

CHOCO-PEPPERS

In a large glass, place two scoops or heaping tablespoons of chocolate ice cream. Pour one bottle Dr Pepper over ice cream. Use sticks of peppermint candy as muddlers. Garnish with sprigs of mint.

YIELD: 1 serving

VI. DINNER GUEST

CURRIED RICE STUFFING

1 1/2 cups pre-cooked rice
1 1/2 cups Dr Pepper
1/2 teaspoon curry powder
2 tablespoons butter
1/2 cup chopped pecans or almonds

Cook rice according to package directions except substitute Dr Pepper for the water. Add curry powder to the Dr Pepper before cooking. Toast pecans in butter and add to cooked rice, mixing lightly. Use as stuffing for game or fowl or serve separately with game or fowl.

YIELD: 4 or 5 servings or stuffings for 1 roasting chicken

CANDIED SWEET POTATOES

2 pounds sweet potatoes (about 4 medium potatoes)
1 cup Dr Pepper
3/4 cup sugar
1/4 cup butter
1/2 teaspoon salt

Parboil potatoes 10 minutes. Place in cold water. Peel and slice crosswise into casserole. Combine Dr Pepper, sugar, butter and salt. Bring to boil. Boil 10 minutes. Pour over potatoes. Bake at 375 degrees F. about 45 minutes. Baste potatoes several times with syrup as potatoes bake.

YIELD: 6 servings

POLYNESIAN CHICKEN

One 2-1/2 to 3-pound fryer, cut in pieces
Salt and pepper
3/4 cup Dr Pepper
2 tablespoons butter or margarine
1/2 teaspoon ginger
1/4 cup orange marmalade
1 tablespoon soy sauce

Sprinkle chicken with salt and pepper. Place pieces, skin side up in large shallow baking pan so that pieces do not overlap. Bake in moderate oven (350 degrees F.) 30 minutes without turning. Combine Dr Pepper, butter, ginger, marmalade and soy sauce in saucepan. Heat. Spoon over chicken. Bake 30 minutes more or until tender. Serve chicken with the extra sauce.

LUAU SALAD DRESSING

8 ounces cream cheese, softened
1/2 cup Dr Pepper
1/8 teaspoon ground ginger
Dash of salt

Place all ingredients in electric blender and blend until thoroughly mixed. Or place softened cream cheese in a bowl. Mix with rotary beater until smooth. Gradually add Dr Pepper, mixing until smooth. Stir in ginger and salt. Use as dressing for fruit salad.

YIELD: 1 1/2 cups

VII. ANYTIME DESSERTS

PEACHY CHIFFON PIE

1 envelope unflavored gelatin
1 1/4 cups Dr Pepper
1/4 teaspoon salt
1/2 cup sugar
3 eggs, separated
1 tablespoon lemon juice
1/4 cup sugar
1 1/4 cups drained canned sliced peaches, diced
1 9-inch baked pie shell

Combine gelatin with Dr Pepper. Set aside. Combine salt, 1/2 cup sugar and beaten egg yolks in top of double boiler. Stir in gelatin mixture. Cook and stir over hot water until slightly thickened. Add lemon juice. Chill until partially set, stirring occasionally. Beat egg whites until foamy. Add 1/4 cup sugar gradually, beating until stiff peaks are formed. Fold in gelatin mixture; then fold in peaches. Chill until mixture mounds when dropped from a spoon. Pour into cold pie shell. Chill until firm. Serve plain or garnished with whipped cream and additional sliced peaches.

YIELD: 1 9-inch pie

CHERRY NUT SURPRISES

2 1/2 cups all purpose flour
1 tablespoon dry milk
1 teaspoon baking powder
1/4 teaspoon salt
3/4 cup butter or margarine, softened
1 cup white sugar
1 egg, unbeaten
1/4 cup Dr Pepper
1 teaspoon vanilla
1/2 cup maraschino cherries, finely chopped, well drained
2 cups flake coconut
1 cup almonds, blanched and chopped

On wax paper, sift together flour, dry milk, baking powder and salt. Cream butter and sugar, add egg and mix until light and fluffy. Mix in Dr Pepper and vanilla. Add flour mixture about 1/2 at a time, mixing well after each addition. Stir in cherries, coconut and nuts. Drop by teaspoons full about two inches apart on greased cookie sheet. Bake about 10 to 12 minutes, 350 degrees F. oven. Remove from baking sheet to cooling rack immediately.

YIELD: 6 dozen cookies

NOTE: Any kind of nuts may be used. If you wish cookies to remain crisp, do not store in tight container.



HOLIDAY CUTOUTS

1 cup butter or margarine
1 cup light brown sugar
1 egg, unbeaten
1 1/2 cups quick cooking oats, uncooked
2 1/4 cups all purpose flour
1 teaspoon soda
1/2 teaspoon salt
1 teaspoon vanilla
1/4 cup Dr Pepper
Preserves or jelly (your favorite flavor)

Cream fat, add sugar and beat until light and fluffy. Add egg and beat again. Add oats and mix well. Sift together flour, salt and soda and add alternately with the Dr Pepper to which has been added the vanilla. Divide into 4 or 5 portions and chill several hours. Then, roll out to 1/8 inch thickness. Cut into rounds with 2-inch round cutter. Using a small cookie cutter, cut an opening in the center of 1/2 of the rounds. Place the whole rounds on ungreased cookie sheet. Top each with about 1/2 teaspoon of your favorite preserves or jelly. Top with the cutout cookie. Seal the edges with fork dipped in flour. Bake in 375 degrees F. oven 12 to 15 minutes until nicely browned. Remove to cooling rack.

YIELD: 6 dozen

NOTE: If you are in a hurry, drop by teaspoon fulls onto the ungreased cookie sheet. Make thumb print on each and fill with preserves or jelly.

MOIST SUPPER CAKE

1 1/4 cups boiling Dr Pepper
1 cup quick-cooking oats
1/2 cup shortening
1/2 cup granulated sugar
1 cup brown sugar
2 eggs
1 1/3 cups flour
1/2 teaspoon salt
1 teaspoon soda
1/2 teaspoon nutmeg

Pour Dr Pepper over oats, stir and let stand 15 to 20 minutes. Meanwhile, cream shortening, add sugars gradually and cream well. Add eggs, beating until mixture is fluffy. Sift flour with salt, soda and nutmeg. Add flour mixture to creamed mixture, mixing well. Add oatmeal mixture and mix thoroughly. Pour into 9x9x2-inch pan which has been greased and floured. Bake in moderate oven (375 degrees F.) 40 to 45 minutes or until cake tests done. Remove from oven. Spread Topping over hot cake and place under broiler. Broil until bubbly and lightly brown. Serve warm. Makes 12 to 16 servings.

Topping: Mix 1/3 cup melted butter with 1/2 cup brown sugar, 1/4 cup light cream and 1 cup fine grated coconut.

OUR FRUIT CAKE

1 cup diced candied pineapple
1/2 cup diced candied orange peel
1/2 cup diced candied lemon peel
1 cup whole candied cherries
1/4 cup diced candied citron
1/3 cup Dr Pepper
1/2 cup margarine
1/2 cup light brown sugar
4 cups pecan halves
1 cup flour (all purpose)
1 teaspoon baking powder
1 teaspoon salt
1/4 teaspoon allspice
1/4 teaspoon nutmeg
1 teaspoon cinnamon
1/3 cup Dr Pepper
3 eggs (slightly beaten)

Place candied fruits in a bowl and pour 1/3 cup of the Dr Pepper over fruit. Allow to stand several hours or overnight. Cream together the margarine and sugar until light and fluffy. Add the soaked fruit and pecans, reserving a few cherries and pecan halves for decoration of the top. Sift together the flour, baking powder, salt and spices. Add to the creamed mixture alternately with the remaining 1/3 cup Dr Pepper and eggs which have been combined. Pour into small loaf pans which have been lined with brown paper and greased. Cover with brown paper or foil, set in a shallow pan of water (water should not be over 1/4 depth of cake pan). Bake 1

pound loaf cakes two hours at 275 degrees F. Bake one hour then remove paper from top and the cake pan from the water, then continue baking until done, when toothpick inserted in cake comes out clean. Cool in pan, set on cooling rack until completely cooled. Remove from pan and remove paper from the cake. Wrap in foil, store in cool dry place to ripen and blend flavors. Allow 3-4 weeks before slicing to serve.

YIELD: 4 1-pound loaves or one four pound cake

PRALINES

1 cup white sugar, granulated
1 cup dark brown sugar
1 cup Dr Pepper
4 large marshmallows
2 to 3 cups pecan or walnut halves

In a heavy saucepan mix together sugars and Dr Pepper. Cook over low heat stirring constantly until all sugar is dissolved, then cook stirring occasionally until soft ball stage (238 degrees F.) is reached. Remove from heat, add marshmallows and nutmeats together. Beat hard 1 to 2 minutes until mixture starts to cream. Drop on waxed paper in small balls, about 1 tablespoon at a time. They should flatten out around edges leaving mound of nutmeats in center.

YIELD: 28-30 fairly large patties

NOTE: After removing from heat, work fast as candy sets up quickly.

FUDGE

4 cups granulated sugar
1 1/3 cups Dr Pepper
4 ounces grated unsweetened chocolate
4 tablespoons white corn syrup
1/2 cup butter or margarine
2 teaspoons vanilla
1 to 2 cups chopped nuts, optional

Put sugar, Dr Pepper, grated chocolate and corn syrup in heavy sauce pan. Cook very slowly, stirring constantly until sugar and chocolate is thoroughly dissolved. Continue cooking on low medium heat until temperature of 236 degrees F. or soft ball stage is reached. Set off heat and cool at room temperature to lukewarm, 110 degrees F. Add butter and vanilla. Beat until the candy loses its shiny look; add nuts, if desired. Pour into slightly buttered pans. When cold cut into squares.

YIELD: Approximately 2 1/2 to 3 pounds or 36 pieces 1/2-inch thick and 2 1/2 inches square.

VIII. OPEN HOUSE

SHRIMP DIP

10 ounces drained canned shrimp
8 ounces cream cheese
1/4 cup Dr Pepper
3 tablespoons mayonnaise
2 teaspoons fresh lemon juice
1/8 teaspoon onion salt
Dash garlic powder
1 teaspoon Worcestershire sauce
3 or 4 drops hot pepper sauce

Place 1/2 of the drained shrimp, and all other ingredients in blender or electric mixer and blend until fluffy and smooth. Coarsely chop the remaining half of the shrimp and fold into the mixture. Keep refrigerated until ready to serve.

YIELD: Approximately 1 pint

NOTE: When cooked fresh or frozen shrimp are used, additional salt to taste may be added.

THE SCHUSS-BOOMER

Heat Dr Pepper. Put thin lemon slice, a squeeze of lemon juice and Bacardi rum in bottom of mug. Pour Dr Pepper piping hot to fill mug and serve.

P.S.: The secret to great Schuss-Boomer is a big squeeze of half a lemon in each mug! It's a sensational cold weather drink!

STUFFED MUSHROOMS

3 6-ounce cans large mushroom crowns
1/2 cup bread crumbs
1/3 cup Dr Pepper
1 4 1/2-ounce can deviled ham
2 tablespoons melted butter
2 tablespoons onion, finely chopped
1/2 teaspoon Worcestershire sauce
1/2 teaspoon seasoned salt

Drain and remove stems from mushroom crowns. (Use a teaspoon to scoop out the stem). In a mixing bowl combine all other ingredients. Fill the center of each crown with a spoonful of stuffing. Place on greased shallow baking pan, brush with some melted butter. Broil 5-8 minutes or until hot and lightly browned. Serve in a chafing dish to keep mushrooms very hot.

YIELD: Approximately 24

HAWAIIAN TIDBITS

2 tablespoons cooking oil or fat
1 slice boiled ham (3/4-inch thick)
1 can pineapple chunks, drained
1 tablespoon soy sauce
1/4 cup orange marmalade
3/4 cup Dr Pepper
1/8 teaspoon salt
1/2 teaspoon ground ginger
2 teaspoons cornstarch, dissolved in 1 tablespoon pineapple juice or water
Toothpicks

Cut ham in 3/4-inch cubes. Melt fat in 10-inch skillet. Brown ham cubes evenly until brown. Drain ham cubes and reserve 2 tablespoons fat for sauce. Place pineapple chunk and cube of browned ham on toothpick. Make sauce in pan in which ham was browned by adding the 2 tablespoons fat, soy sauce, marmalade, Dr Pepper, salt, ginger, and dissolved cornstarch. Simmer 8 to 10 minutes. Add picks with ham and pineapple. Cover and simmer until hot, about 10 minutes. Serve as hot appetizer in chafing or warmer dish.

YIELD: 34-36 small tidbits

PARTY SCRAMBLE

5 tablespoons butter or margarine
1/2 cup Dr Pepper
2 tablespoons Worcestershire sauce
1 tablespoon salt
1/8 teaspoon onion salt
1/8 teaspoon instant garlic powder
Dash red hot sauce
2 cups rice chex
2 cups wheat chex
2 cups corn chex
2 cups slim pretzels
2 cups cherrios
2 cups bite size shredded wheat
1 pound mixed salted nuts

Melt butter, add Dr Pepper, Worcestershire, salt, onion salt, garlic powder, and red hot sauce, and simmer. Combine cereals and nuts. Drizzle butter sauce over all. Toss until well mixed with sauce. Pour onto jelly roll pans (you will need 2 pans) and heat in 300 degrees F. oven approximately 45 minutes. Cool before storing in tightly covered container.

YIELD: Approximately 3/4 gallon or 3 quarts

NOTE: Those desiring a more highly seasoned snack may double the amount of all sauce ingredients.

PEPPER'S TODDY

Fresh orange, thinly sliced
Hot Dr Pepper
1 jigger brandy, for each serving
Cinnamon sticks or ground cinnamon

Place an orange slice in each mug. Pour in hot Dr Pepper and brandy. Garnish with a dash of ground cinnamon or use cinnamon stick swizzles.

YIELD: 1 drink

TIJUANA TAXI

1-ounce Tequila, El Charro
2-ounces Dr Pepper
Lime, cut into quarter wedges

Pour Tequila and Dr Pepper over ice, squeeze lime into drink, stir and enjoy.

YIELD: 1 drink

CRUNCHY GINGER NUT DIP

8 ounces cream cheese (softened)
1/4 cup Dr Pepper
1 tablespoon crystallized ginger (finely chopped)
1 tablespoon fresh orange rind (grated)
2 tablespoons salted peanuts (coarsely chopped)

Place cheese and Dr Pepper in blender or mixer bowl. Cream until light and fluffy. Fold in chopped ginger, grated orange rind and chopped peanuts.

YIELD: 1 1/2 Cups

NOTE: Use with grapes, bananas, pineapple chunks, mandarin orange sections or strawberries as dippers.

X. KITCHEN TECHNOLOGY

When greasing and flouring for chocolate cakes, grease and cocoa dust. When chocolate cakes are turned out, they will have a chocolate bottom instead of white.

Left-over grated citrus fruit rinds (orange, lemon, etc.) used for flavorings may be bagged and frozen for later use. Great in cakes, bread, fresh vegetables, meats, and gravies.

To freeze eggs: (will keep for 9-12 months)

Whole eggs - break the eggs into a bowl and mix well - do not beat. Strain and to 1 cup of whole eggs add ONE of the following:

1/2 tablespoon sugar
1/2 tablespoon corn syrup
1/2 teaspoon salt

Egg yolks - separate from white; stir with a fork to break; strain. To 1 cup of egg yolk add ONE of the following:

1 tablespoon sugar
1 tablespoon corn syrup
1/2 teaspoon salt

Egg whites - strain without stirring, and do not add anything. Package and freeze immediately.

A wire whip will help smooth sauces that have lumped or separated.

Buttermilk or sour milk may be made by adding a tablespoon of acid such as lemon juice or vinegar to a cup of skim milk. Stir and let it stand for 30 minutes.

Fresh fruits that have been sliced for serving will retain their freshness if dipped in a solution of lemon juice, salt or granulated fruit pectin and water. Drain and refrigerate. Fruits will keep for several hours before they begin to turn brown or oxidize.

Spices and herbs retain their full bouquet longer if stored in cool, dry areas. The refrigerator is too cold and damp and over the range is too warm and humid (steam from cooking foods).

Parsley is not only a garnish but should be eaten too! It is a natural breath freshner (chlorophyll) that gets into the blood stream first to absorb any other aromas such as garlic and onion.

Unmolding gelatin salads - Hold gelatin mold in warm water for a few seconds (just long enough to loosen gelatin from the sides of mold). Invert on serving platter immediately and slide mold off of gelatin.

Save on your food bill:

- a. Shop on full stomach to avoid picking up extra items not on your grocery list.
- b. Plan a week's menu and prepare shopping list accordingly.
- c. Take advantage of weekly specials and in-season foods.
- d. Clip and use money-off coupons.
- e. Use powdered milk for cooking.
- f. Use kitchen equipment and utensils properly.
- g. Follow recipe instructions to avoid wasting ingredients.

METRIC CONVERSIONS:

METRIC MEASURES:

1 tablespoon	=	14.8 ml.	1 cup	=	236.8 ml.
1 teaspoon	=	4.6 ml.	3/4 cup	=	230.1 ml.
3/4 teaspoon	=	3.45 ml.	2/3 cup	=	157.86 ml.
1/2 teaspoon	=	2.3 ml.	1/2 cup	=	153.4 ml.
1/4 teaspoon	=	1.15 ml.	1/3 cup	=	78.93 ml.
			1/4 cup	=	76.7 ml.

TEMPERATURES:

200 degrees F.	=	93.3 degrees C.
325 degrees F.	=	162.7 degrees C.
350 degrees F.	=	176.6 degrees C.
375 degrees F.	=	190.5 degrees C.
400 degrees F.	=	205 degrees C.

XI. NUTRITIONAL INFORMATION

Regular Dr Pepper

Calories	12 per fl. oz.
Carbohydrates	3.1 grams/fl. oz.
Phosphorous	3.3 - 3.4 mg/fl. oz.
Calcium	0.8 mg/fl. oz.*
Sodium	2.3 mg/fl. oz.*
Potassium	0.2 mg/fl. oz.*
Chlorides	1.4 - 1.5 mg/fl. oz.*

* The total quantity of these elements may vary slightly due to variations in concentration in local water used to produce Dr Pepper.

Sugar Free Dr Pepper

Calories	1/4 fl. per oz.
Available Carbohydrates	62.5 mg/fl. oz.*
Phosphorous	3.5 mg/fl. oz.*
Calcium	nil*
Sodium	3.0 mg/fl. oz.*
Chlorides	1.2 mg/fl. oz.*

* Naturally, any quantity of these elements in the local water will be added to the above.

For further information about Dr Pepper, and Sugar Free Dr Pepper contact your local Dr Pepper Bottler or our Consumer Service Department:



Consumer Service Department

**Dr Pepper Company
P. O. Box 5086
Dallas, Texas 75222**